

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of education and follow-up on promoting a healthy lifestyle in patients undergoing coronary artery bypass graft surgery

Protocol summary

Study aim

Determining the results of healthy lifestyle promotion and follow-up in patients undergoing postoperative coronary artery bypass graft surgery

Design

One group before and after, intervention in 35 patients, without control group and randomization.

Settings and conduct

First, the researcher talks to patients undergoing coronary artery bypass graft surgery at Baqiyatallah Hospital. After introducing and explaining the research project to them, people who have the desire and ability to participate in the study are included in the study. After obtaining consent, they will be asked to join the e-learning channel. Patients will complete a basic questionnaire and receive evidence-based training from the latest available documentation along with expert validity. During the three-month follow-up period, they receive educational reminders through the messenger channel, then at the end of the course, the questionnaire is answered again by the target community.

Participants/Inclusion and exclusion criteria

Patients or their caregiver can read, write and answer the questionnaire questions Possibility of virtual communication with the patient to follow up and send educational reminders

Intervention groups

Patients undergoing postoperative coronary artery bypass graft surgery in Baqiyatallah hospital The training package includes a self-made handbook by the researcher after consulting with experts and forming a expert panel, which is delivered to the patient in face-to-face meeting. then follow-up through the channel in the messaging program for three months(send educational reminders, pictures and educational videos) also make phone calls periodically. Single group intervention is before and after.

Main outcome variables

Health-promoting lifestyle score, Healthy lifestyle

training

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200822048479N1**

Registration date: **2020-12-07, 1399/09/17**

Registration timing: **retrospective**

Last update: **2020-12-07, 1399/09/17**

Update count: **0**

Registration date

2020-12-07, 1399/09/17

Registrant information

Name

Zahra Mansouri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7710 0120

Email address

stu.z.mansouri@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-05, 1399/06/15

Expected recruitment end date

2020-09-22, 1399/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of education and follow-up on promoting a healthy lifestyle in patients undergoing coronary artery bypass graft surgery

Public title
Promoting and following up the healthy lifestyle of patient after CABG

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Patients or their caregiver can read, write and answer the questionnaire questions Possibility of virtual communication with the patient to follow up and send educational reminders
Exclusion criteria:

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **35**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Baqiyatallah University Medical Sciences

Street address

Baqiyatallah University of Medical Sciences, Sheikh Baha'i St., Mulla Sadra St.

City

Tehran

Province

Tehran

Postal code

1435915371

Approval date

2020-08-19, 1399/05/29

Ethics committee reference number

IR.BMSU.REC.1399.285

Health conditions studied

1

Description of health condition studied

Patients undergoing coronary artery bypass graft surgery

ICD-10 code

T82.9

ICD-10 code description

Unspecified complication of cardiac and vascular prosthetic device, implant and graft

Primary outcomes

1

Description

Health-promoting lifestyle score in HPLP2 questionnaire

Timepoint

Assess the health-promoting lifestyle score before training and three months after training and follow-up

Method of measurement

Health Promoting Lifestyle Questionnaire (HPLP2)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients receive the necessary training and follow-up in 6 dimensions: health responsibility, physical activity, nutrition, support and interpersonal communication, stress management and spiritual growth. Then, after three months, the patients' promoting lifestyle score is measured again. A channel is also designed to use this quarterly opportunity to communicate with the target community and follow them up and transmit educational reminders. To be. At the end of the quarterly period, the target community will answer the questionnaire again. First, the researcher talks to patients undergoing coronary artery bypass graft surgery at Baqiyatallah Hospital. After introducing and explaining the research project to them, people who have the desire and ability to participate in the study are included in the study. After obtaining their consent, they will be asked to subscribe to the above channel. Patients will fill in the elementary stage questionnaire and receive evidence-based training from the latest available documents along with obtaining validity from experts (The training package includes a handbook for improving lifestyle after open heart surgery, which is based on the latest training materials, first extracted and given to several experienced nurses, physicians and cardiovascular

surgeons, as well as experienced nursing professors in The ICU-OH is presented, then the summary and analysis of the content is discussed in the group of experts and the content of the booklet is finally approved. In addition, training and follow-up during the quarterly period is done through a messaging channel that includes Sending educational reminders, educational videos and pictures. Also, the researcher follows the access and follow-up of the educational channel by patients and their families by phone). During the three-month follow-up period, they receive educational reminders through the messenger channel, then at the end of the course, the questionnaire is answered again by the target community.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Bghiyatallah hospital

Full name of responsible person

Hosein Samadinia

Street address

Baqiyatallah hospital, Mulla Sadra St. after Sheikh Baha'i

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1435915371

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f_f_1346@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Seyed Tayeb Moradian

Street address

Baqiyatallah University of Medical Sciences, Sheikh Baha'i St., Mulla Sadra St.

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t.moradyan@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Bagheiat-allah University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Fakhroddin Feyzi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Baqiyatallah University of Medical Sciences, Mulla Sadra St., Sheikh Baha'i St.,

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

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Position

Associate professor

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Person responsible for updating data

Contact

Name of organization / entity
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Position
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Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Information about the outcome of the work is shared.

When the data will become available and for how long

Start access 1 month after printing results

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

Permitted for use in other research projects

From where data/document is obtainable

To the email address: f_f_1346@yahoo.com

What processes are involved for a request to access data/document

After receiving your email, the necessary cooperation will be done as soon as possible

Comments